

# MACKENZIE

## ATLANTIC TAEKWON-DO

GET FIT. GET FOCUSED. GET ENROLLED.

**BEGINNER  
SPECIAL**  
**\$129.95**  
+TAX

Includes 2 months of membership  
and the Taekwon-Do uniform

### Classes:

- ☉ Youth & Adult (Age 7+)
- ☉ Little Dragons (Age 4-6)
- ☉ Self Defense Clinics
- ☉ Bully Proofing

### Benefits:

- ☉ Improved Physical Fitness
- ☉ Improved Concentration
- ☉ Build Self Confidence
- ☉ Build Self Esteem
- ☉ Reduced Stress



**Call Today For Details → 902-835-7111**

21 Glen Arbour Way, Hammonds Plains, NS | [www.mackenzie-taekwondo.com](http://www.mackenzie-taekwondo.com)

# MACKENZIE

## ATLANTIC TAEKWON-DO




### YOUTH & ADULT

Our Youth & Adult program is designed for ages 7+ which allows for individuals to join and also for families to train together.



### LITTLE DRAGONS

Our Little Dragons program is designed for ages 4 - 6 to develop discipline, confidence and courteous social skills.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am - 9:20am						Youth & Adult White Belts
9:30am - 10:20am						Youth & Adult Yellow & Green Belts
10:30am - 11:20am						Youth & Adult Blue, Red, Black Belts
11:30am - 12:15pm						Little Dragons Group II
12:30pm - 1:15pm						Little Dragons Group III
	<div>Youth &amp; Adult (Age 7+)</div> <div>Little Dragons (Age 4-6)</div>					
5:30pm - 6:20pm	Youth & Adult White Belts	Youth & Adult Yellow & Green Belts	Youth & Adult White Belts	Youth & Adult Yellow & Green Belts	Little Dragons Group I	
6:30pm - 7:20pm	Youth & Adult Yellow & Green Belts	Youth & Adult White Belts	Youth & Adult Yellow & Green Belts	Youth & Adult White Belts		
7:30pm - 8:20pm	Youth & Adult Blue & Red Belts	Youth & Adult Blue, Red, Black Belts	Youth & Adult Blue & Red Belts	Youth & Adult Blue, Red, Black Belts		
8:30pm - 9:20pm	Youth & Adult Black Belts	Private Lessons	Youth & Adult Black Belts	Private Lessons		